

## Whispering to waterfalls

Are you naturally drawn to the sound of running water, lapping waves, and bubbling brooks? Many find the sight and sound of water, even the smell, to be soothing. The presence of water can even help us clear our minds and be present in the moment; calming our own emotional and mental states, helping us gain clarity to what's been troubling us, or letting go of something that has been weighing us down.

*Meditation may look different for every person. At its core, meditation is a practice to help build attention, awareness, and an emotionally calm and stable state.*

**When you find a quiet spot or a place near water in the park, try this:**

- Take a moment and meditate for a few minutes.
- Scan the QR code for five minutes of meditation.

